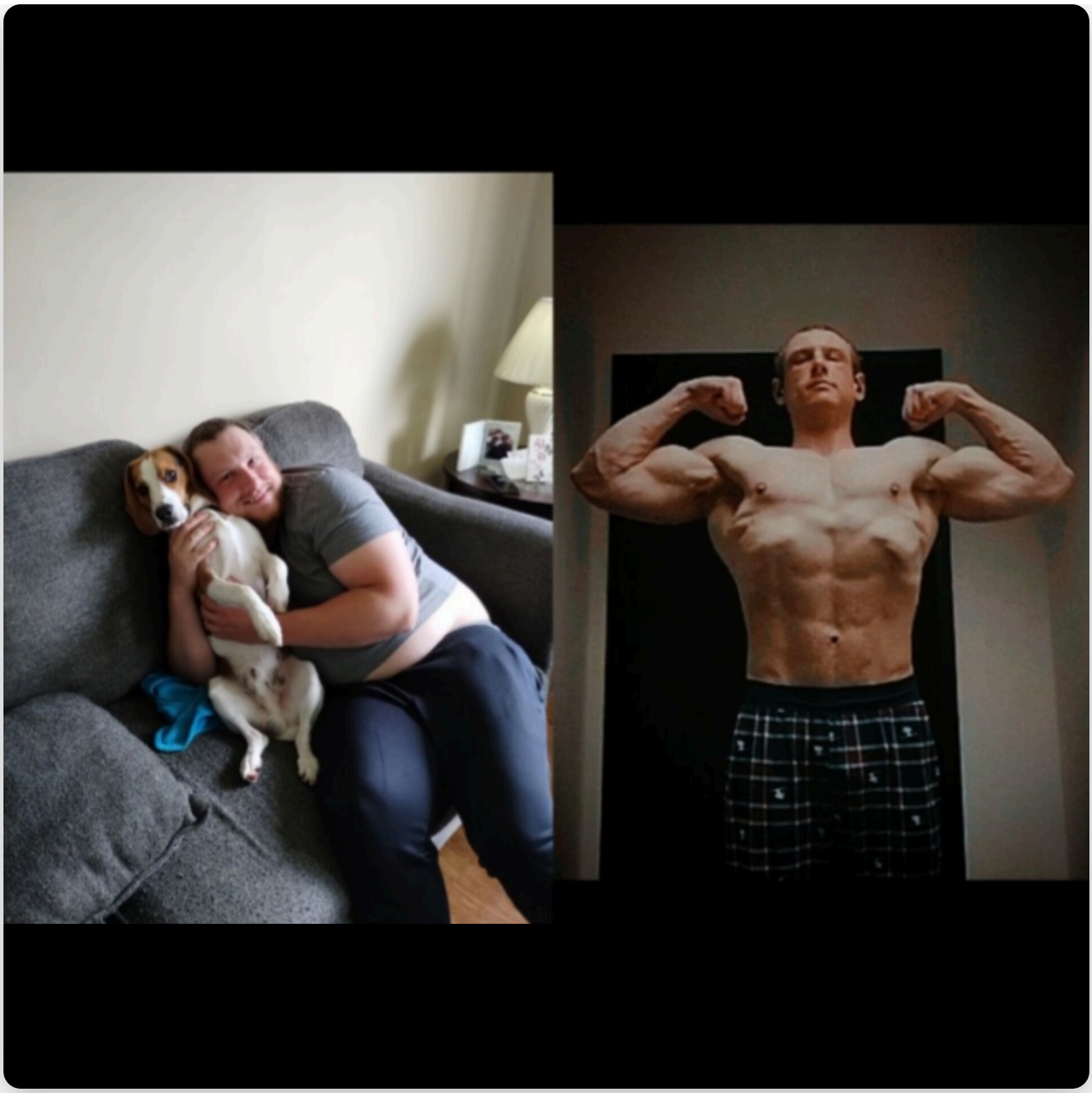
Iron Resilience

Men’s Fitness & Mindset Coaching

How I Lost 76 lbs and Got Abs



How I Went From 276 lbs to 76 lbs Lighter with Abs

During my first year of lifting, I trained 4 days a week for 90-120 minute sessions, walked 60-90 minutes daily, and ate one meal a day consisting of rice, veggies, and ground turkey. With this approach, the weight came off in one year. How did I get abs from that? By tracking calories and macros, doing high intensity high volume training, and walking consistently. There is no magic pill or shortcut, it is just hard work. 💪

Calories determine what you weigh. Macros determine body composition. People often say you can only be lean with high fat high protein low carb or high carb high protein low fat, but I find IIFYM way better if it fits your macros. Get your protein in, stay in a calorie deficit through output and intake, and make sure you eat enough protein. You weigh 200 lbs, so aim for 160-200 grams of protein a day minimum. Combine that with resistance training and cardio, and results will come.

Give it 1-3 years depending on how serious you go, and anyone can achieve their ideal body. Where was genetics when I was 155 lbs skinny and 276 lbs obese? It is the lazy man's excuse. 💪🔥

Maybe you just need someone to keep you accountable. And I can be that guy 👉 **Join Iron Resilience**

Videos

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How I Lost 76 lbs and Maintain 10–15% Body Fat Year-Rc

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Get Started With Iron Resilience

Consistency, tracking, and hard work are your keys to transformation. No magic pills, just dedication. 💪🔥